



Sports program

Date/hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00 Meeting Point	Off Road Run Hotel Reception	WOD – Sign up at reception At Multicourt	Off Road Run Hotel Reception	Social Walk Hotel Reception	WOD - Sign up at reception At Multicourt	Social Walk Hotel Reception	Off Road Run Hotel Reception
10.00	Dance Aerobics at Multicourt	HIT at Multicourt	Combat at Multicourt	Step & Tone at Multicourt Sign up at Reception	Core at Multicourt	Indoor Cycle at the Theatre Sign up at reception	Functional Training at Multicourt
11.00	Social Football at Multicourt	Social Football at Multicourt	Social Football at Multicourt	Social Football at Multicourt	Social Football at Multicourt	Social Football at Multicourt	Social Football at Multicourt
16.00	Core Control at Multicourt	Bootcamp meet at Multicourt	Indoor Cycle at the Theatre Sign up at Reception	Pilates at Multicourt	Circuits at Multicourt	Aqua Aerobics at Pool	Aqua Fun Class at Pool
Evening		Sunset Yoga €5.00 Sign up by 15.00 Meet at Reception			Sunset Yoga €5.00 Sign up by 15.00 Meet at Reception		

Watersports Available:

Wind Surfing
Kite Surfing
Surfing
SUP
Cat-Sailing
Jet Ski

Land Based Activities:

Enduro Tours
Segway Tours
Quad & Buggy Safari * Not available Mondays
Road Bikes
Mountain Bikes
Fat Bikes

All bookable directly at Action Station daily opening hours 08.00 to 12.00 & 16.00 to 18.00 hours.
See pricelist for prices
Program is subject to changes. Weekly schedule to be presented at the Action Station.